

the Wharf

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FREE
DECEMBER 19, 2013



Dazzling
dresses
for party
princesses

P27



Why I gave
up City life
to start a
brewery

P24



Festive film
round-up +
WIN Walter
Mitty treats

P11

JAMES PERRIN



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WEATHER

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Showers

9C FRIDAY
Cloudy

12C SATURDAY
Rain

10C SUNDAY
Sunny

10C MONDAY
Showers

TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine. Between December 23 and January 1, a variety of maintenance works will take place on the TfL and Network Rail networks. Go to tfl.gov.uk for details.

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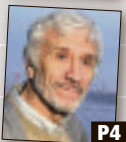
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ESTABLISHED 1998

Agenda

Winners of the Great British Bunk-Off

It's been a record-breaking year for Canary Wharf. We've seen the longest conga line on ice recorded on the Canary Wharf ice rink, for Children In Need.

And, in aid of the Richard House Children's Hospice, the record for the largest gathering of people dressed as penguins in Wood Wharf.

I'd have liked to see a fusion record attempt, where the largest gathering of people dressed as penguins conga-ed on ice. All those onesies with soggy bums would have been hilarious.

What attracts these record attempts to Canary Wharf? Is it our

BLONDE'S EYE VIEW



ANGELA CLARKE

abundance of charitable-minded people? There's a strong chance. Is it that our megawatt lit glass towers make a great backdrop? Quite possibly. Or is it that Wharfers will volunteer to do anything if it means they can skip work for a few hours? Now we're talking.

Really it's been a record-breaking year for skiving. Shirking work in the name of charity is a fool-proof plan – only a heartless Scrooge of a boss would object. And, if they did, you could post a photo of you in your sponsored onesie, sadly holding up a sign describing your boss's abominable actions.

One Retweet or Like would equal one pound you'd donate to the deprived charity. It'd go viral. Far better the boss grit their teeth and take the philanthropic shafting.

We've got them over a benevolent barrel. Now's the time to plan excessive sponsored record-breaking attempts for 2014. Let's play smart. Largest group of people oversleeping. Largest gathering of people sipping GTs in the park. Largest co-ordinated bunk-off work. 2014 is really shaping up to be stupendous. Merry Christmas, guys.

Follow Angela on Twitter: @TheAngelaClarke

London eye

METROPOLITAN POLICE



Canary Wharf, in a picture taken from the Metropolitan Police helicopter, is seen emerging from the fog one morning last week.

A week in London
Page 31

60 Second Wharf

Tree lights burn bright

Residents of the Isle of Dogs turned out in force to see their new Christmas tree bedecked with lights.

News • Page 5

Park plans are cleared

Islanders are up in arms after plans that would encroach on Island Gardens were cleared by planners.

News • Page 7

Brewing a new career

James Yeomans left work in finance with nothing tangible to show for his labours. But he had an idea.

Food • Pages 24-25

Get a body like this

We talk to US cheerleader Jennifer T on her visit to the Wharf to find out how she keeps so fit.

Health • Page 29



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Publishing schedule

The Wharf will not be published on December 26 (Boxing Day) and will return in the first Thursday in 2014 – January 2. We wish our readers and advertisers a Merry Christmas and a Happy New Year.

What our writers are talking about



■ While fads – and regimes – have come and gone, the improvement in schooling has been relentless.

Giles Broadbent

■ As I had feared the boys, like a mini tornado ripping through the house, left a trail of debris in their wake.

Tabitha Ronson

■ Now our borough is one of the few councils whose secondary schools are all rated Good or Outstanding by Ofsted.

Lutfur Rahman

■ I explained – in rather lengthy terms – the story of how my left knee had become so swollen and painful.

Beth Allcock

Corrections & Clarifications

At The Wharf, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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the **Wharf** wharf.co.uk

Garden bridge is cleared – now what about ours?

TRANSPORT

MPs angered by delay in releasing findings of initial consultation

Rob.Virtue
@wharf.co.uk

MPs have written to Mayor of London Boris Johnson urging him to publish a report on a proposed Thames bridge at Gallions Reach.

A consultation into river crossings earlier this year showed, as well as backing a tunnel at Silvertown, the public wanted a new bridge further east, rather than Transport for London's proposal of a new ferry in the region.

TfL said it would run a new study between October and December specifically tackling the Gallions issue.

However, as yet there has been no word from Mr Johnson – chairman of TfL – on when the report will be published.

The MPs are now demanding answers. They have been also angered by the announcement last week of Government funding of £30 million for a "garden crossing" between Temple and the South Bank.

Jim Fitzpatrick, MP for Poplar and Limehouse, said: "We need more action on east London river crossings now."

"Instead of pursuing a vanity project in the west Boris needs to build bridges in the east."

"We've seen spectacular regeneration in recent years and for this to continue we need the right infrastructure to support it."

"Crossings will mean more jobs, more growth, less congestion and a brighter, more prosperous future for east London."

The letter was also signed by Rushanara Ali of Bethnal Green and Bow, Nick



An artist's impression of the green Garden Bridge on the South Bank compared to, below, the Blackwall Tunnel in the east



Raynsford of Greenwich and Woolwich, Margaret Hodge of Barking, Stephen Timms of Newham and Teresa Pearce of Erith and Thamesmead.

It began: "Congratulations on securing £30million of public money from HM Treasury to fund a new garden crossing."

"I'm sure you are aware that once it is completed, it will be the 24th road or pedestrian bridge in London to the west of Tower Bridge, compared to just four to the east."

It concluded by saying: "Given your success in progressing the Garden Bridge, we wondered what update

you had on the proposals for a crossing at Gallions Reach and when we can expect the publication of the (now overdue) report."

There was backing for the MPs' letter from the business community.

Colin Stanbridge, chief executive of London Chamber of Commerce and Industry, said: "East London is crying out for a new bridge. The city is growing east, and is poorly served in terms of ways to cross the river. We believe this is holding back further economic growth."

"We need the Mayor to make public any updates he has on the possibility of a new bridge at Gallions Reach and ensure that the consultation expected earlier this year is published sooner rather than later."

In response, TfL managing director of planning Michele Dix said: "A range of views were expressed in the river crossings consultation earlier this year which have generated the need to do further work to determine the traffic, environmental and regeneration impacts of the options for replacing the Woolwich ferry before consulting further on these options next year."

Meanwhile, the MPs have also agreed to meet with campaigners against east London river crossings, including the Silvertown Tunnel.

The activists believe more bridges and tunnels will increase congestion.

NEWS IN BRIEF

Around east London

Wharfers see a drop in salaries

CANARY WHARF A recent report showed workers in Canary Wharf have seen a 25 per cent drop in pay since 2011.

In comparison, in the other London financial district, City bankers saw just a five per cent fall in gross pay over that period.

The figures from the Office of National Statistics also show Tower Hamlets has an average pay of £59,000 per year compared to £84,000 in the City.

Tower Hamlets, one of the poorest boroughs in London, sees its average boosted by those working in Canary Wharf.

Olympic Park has £9m funding gap

STRATFORD The London Legacy Development Corporation needs more support to hit its regeneration objectives, says the London Assembly.

A new report has expressed concerns over a £9million funding gap that could cut activities at the Queen Elizabeth Olympic Park.

The LLDC would have to grow its income or make cuts, perhaps in security arrangements, to achieve its targets.

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Current number of road and pedestrian bridges west of Tower Bridge

4

Current number of road and pedestrian bridges east of Tower Bridge

Boroughs share £148m pot for safety measures

TRANSPORT

Beth.Allcock
@wharf.co.uk

TOWER Hamlets, Greenwich and Newham will take a slice of the Mayor of London's annual £148million pot for transport improvements across east London.

While the cash is allocated by Transport for London (TfL), individual boroughs choose their priorities.

For the trio of authorities, local highway safety improvements for road-users and cyclists soak up more than £1million.

A 20mph residential road scheme in Greenwich will be continued, as well as highways measures to complement the expansion of schools and adult cycling initiatives, all totalling £490,000.

Newham's Upton Lane corridor will be the focus of £200,000 for pedestrian and cycle improvements



Greenwich will see an expansion of its 20mph road scheme

with Tower Hamlets concentrating on road safety, 20mph limits and safety for bike-users with a £376,000 share.

Mayor of London Boris Johnson, said: "This funding, together with the investment through my roads and cycling plans, means the improvements being delivered in partnership with London's boroughs is simply unprecedented.

"Safer cycling routes and better open spaces not only make our city safer but they also boost local economies encouraging people to support their local high streets."

Friends, memories and a life of laughs



PEOPLE Islander Alfred Gardner tells Rob Virtue why he wrote a book

Containing a vast array of colourful characters, '60s east London was a fascinating place to be.

Isle of Dogs resident Alfred Gardner remembers that period fondly and has recorded his memories in a book, published by Fonthill Media.

An East End Story: A Tale Of Friendship talks about Alfred's adventures with friend David Upson at a time when the area was littered with pubs, drunken shenanigans, rackets and prostitution but also a huge sense of fun and community.

He was led to write the book after David, who served in the Burmese Navy in the Second World War, died in 1996.

Alfred said: "After he died his sister gave me his war mementos and, looking through papers, I thought there was a diary there so decided to transcribe it. It was all written on notebooks and little bits of paper. It sometimes took me hours to figure out what was said because sometimes they were too small or worn.

"I sent the document to the Imperial War Museum and then my wife Linda said 'why don't you write about your memories of Dave?' I did and it ended up with this book."



Children play outside Nissen huts on the Isle of Dogs in 1946

He published *An East End Story* himself more than 10 years ago. Then recently Fonthill Media asked if it could print an updated version and for this Alfred wrote another 50,000 words.

The book received a glowing review from columnist Matthew Parris in *The Times* and is now being stocked in stores across east London including Waterstones at Canary Wharf.

The 72-year-old has had a good response to the work, which is a labour of love.

"They really were fantastic times," he said. "Our favourite pub was the Prospect of Whitby in Wapping – one of the few still standing. It had a wonderful atmosphere.

"It had a sing-along band that performed seven days a week for 25 years and there were no shortage of girls with the nurses at London Hospital.

"There would also be groups of Australians and South Africans trying to out-sing each other. There was a real vibe."

Alfred, who has also just written a screenplay about an east London gangster, said he felt it was important to use the book to record a long-forgotten part of the capital.

"Many pubs have closed and the population has shifted with all the old communities moving out to Essex," he said.

"But my main regret is seeing all the fantastic streets and courtyards in Docklands unnecessarily demolished because they were homes classified as slums, when they were beautiful houses that would be worth a fortune now."

An East End Story: A Tale Of Friendship costs £14.99.

Chain's uncertain future

FOOD

GREENWICH restaurant The Spread Eagle has been closed after Greenwich Inc, owners of a host of venues in east and south-east London, went into administration.

A notice placed on the window of the restaurant based in Stockwell Street, said it had ceased trading on Thursday.

It added the joint administrators, Stephen Hunt and Timothy Bramston of Griffins, had been

managing the company's affairs since November 29.

The Wharf was unable to contact the administrators, but speaking on the Greenwich.co.uk forum before the closure of the Spread Eagle, Mr Hunt said: "The Administrators are working on plans for the business.

"We are happy to report that business is very good and the events diary at The O2 in particular is very full. We shall be publishing our proposals as soon as we can."

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JAMES PERRIN

Park glistens under new festive lights

EVENT

HUNDREDS turned out for the unveiling of the Island Gardens Christmas tree.

Chief executive of Canary Wharf Group Sir George Iacobescu turned on the lights and was then part of the crowd, which gathered round the 30ft tree and sang carols last Thursday evening.

"This is one of the best views in one of the best places in London," he said. "And we'd like to remain friends and sponsors of this area which makes us proud."

"Hopefully these lights will communicate with our lights at Canary Wharf."

Also among the crowd was Poplar and Limehouse MP Jim Fitzpatrick while Susan Bennett organised a carol service.

The event was organised by Friends Of Island Gardens, which is led by activist Eric Pemberton.

Eric said: "Everybody's absolutely delighted with how the event went. It was a great success."

The Island Gardens charity was established in August to protect the park and promote community events.

So far the Tower Hamlets Council's Clean And Green team, who also supplied the Christmas tree, have planted four thousand daffodils, which will bloom twice next year. There will also be poppies and bluebells in a bid to create a red, white and blue colour-scheme in time for summer 2014, to mark the 75th anniversary of the beginning of the Second World War.



Chief executive of Canary Wharf Group, Sir George Iacobescu, left, turns on the Island Gardens Christmas tree lights



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Food / Page 24



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JAMES PERRIN

Children add splash of colour

ART

FESTIVE competition winners at Little Unicorns Day Nursery have proved creativity in Canary Wharf starts at a very early age.

A group of five youngsters – all between one and four years old and from the nursery's Canada Square and Columbus Courtyard branches – were awarded for their artistic flair in a colouring-in challenge jointly organised with estate agent Hamptons International.

Senior lettings manager Chris Boswell said usually the winning designs packed with eye-catching colour and plentiful glitter would be displayed in the place of properties in the office window.

But, as the firm is currently housed on the 33rd floor of 25 Canada Square, the young artists will now see their



Winners of a colouring competition included Olivia Munro, two, and Dodo Wang, three, pictured with their mums

coloured creations depicting Santa Claus and his sleigh pinned up in their respective nurseries.

Before presenting the winners with their art packs at the annual carol concerts, Chris told *The Wharf*: "Deciding the winners was an extremely tough call but in the end, we chose those entries which had used bright and vibrant colours, creativity and who showed great attention to detail

when colouring in between the lines.

"Thank you to all of the budding artists who took part in our competition and we hope the lucky winners enjoy their art packs."

Winners were Olivia Munro, two and a half, Dodo Wang, three, Riya Kumar, four, Kiara Sehgal, three and a half, Sanskriti Rajesh, one. Little Unicorns also received a £200 donation. **Beth Allcock**

More families than ever calling on foodbank aid

SOCIETY

Rob.Virtue
@wharf.co.uk

THE last year has seen more than 2,000 people from Tower Hamlets turn to a leading charity for emergency food handouts.

Founder of the Tower Hamlets Foodbank Denise Bentley said: "This month we will be feeding our 5,000th in three years. It's on the rise with 2,123 people coming to use this year.

"Challenges people are encountering range from welfare reforms and the bedroom tax to the benefits cap.

"Many people are going

from six to nine months with no money coming in."

On Saturday, around 400 of those in need will attend the charity's Christmas event for which nearly six tonnes of food has already been donated.

400
To attend charity's Christmas event

share with their family.

"The generosity of everyone involved in the appeal has far exceeded our expectations," said Denise.

"Collections at city offices, supermarkets, schools and

international corporations have allowed us to fill our hampers with essential and festive food as well as gifts for children and adults."

Sue Wisbey, pro bono and community affairs officer at Wharf-based law firm Allen & Overy, said: "Tower Hamlets is our local borough, but one where nearly 50 per cent of children grow up in households that experience poverty. So we asked staff to donate gifts of food or toys for local families.

"The response has been fantastic – so far we've received 160 gifts for the appeal. It shows that people really want to do something for local communities at this time of year."

Islanders up in arms as park plans are passed

PLANNING

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A COMMUNITY has been angered after Tower Hamlets Council's planning committee approved a block of flats next to Island Gardens park.

The scheme put forward by EastEnd Homes and Telford Homes is for 25 apartments next to the north side of the Greenwich Foot Tunnel.

But campaigners are furious as it will be built on the Island Gardens Conservation Area, right next to historic parkland. The plans will also see the demolition of a wall, representing the park's boundaries.

A number of residents and councillors spoke out against the four-storey plans at last Wednesday's meeting.

Isle of Dogs councillor Gloria Thienel said it would "ruin" Island Gardens and open the way for developers to encroach on the park.

However, the committee decided to pass it.

The Calders Wharf development also sees the rebuilding of the community centre on site. Of the 25 homes, two will be affordable and two social rented properties.

The council's planning report into the development said: "The proposed scheme will re-provide the existing community centre, and facilitate redevelopment of the site that will open up the park with the river frontage."

"It is considered that the overall height, scale and layout of the building provides a satisfactory response to the site and its sensitive location adjoining the Island Gardens Park, Grade II Listed Entrance Building to the Greenwich foot tunnel and the buffer to the Maritime Greenwich World Heritage Site."

The scheme had drawn criticism from Docklands Light Railway Limited as it goes over a DLR tunnel.

However, it withdrew its opposition after the developer signed up to a range of conditions, including a full asset protection agreement.



Transport Secretary Patrick McLoughlin meets apprentices working on the Crossrail station



Custom made at old colliery

TRANSPORT

TRANSPORT Secretary Patrick McLoughlin has visited the state-of-the-art factory in the East Midlands that is constructing Crossrail's Custom House station.

Large sections will be built on a vast former colliery site at Steetley and transport 130 miles to Docklands to reduce disruption for residents and visitors to the nearby Excel centre.

Mr McLoughlin said: "Crossrail is presenting thousands of business opportunities for companies across the country and, with those, come thousands of jobs."

Code Club to offer kids key IT skills

TECH

Beth.Allcock
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TOWER Hamlets youngsters could soon be one step ahead in the digital skills sector after Canary Wharf Group pledged its financial support to an after-school coding scheme.

Code Club will allow children to make technology as well as to use it in 75 per cent of primary schools in the borough during its initial year.

During its recent Technology Accelerator session at Level39, CWG also announced that professionals from the tech and finance sector would help deliver the programme to youngsters.

CWG chairman and chief executive Sir George Iacobescu said: "As Canary Wharf continues to grow, more businesses are looking for advanced IT skills."

"We are determined that local young people will get the best possible chance of securing jobs in this hugely exciting sector."

Charles Clarke, who works in the technology and data department at Morgan Stanley, volunteers at a Code Club in William Davis Primary School, Bethnal Green.

He said: "All the volunteers live and work in Tower Hamlets, and the teaching material is brilliant, meaning every minute is a minute spent focused on the young people."

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One mum gets lucky, another has to clean up the mess

I'm always happy to step in to help a fellow working mum.

On Friday, Master A and his classmates had a half day. On the way to school I received a frantic call from one of the mums (the one embroiled in an acrimonious split). Childcare plans fallen through; she was desperate for someone to have Arthur for the afternoon.

Now Arthur isn't one of Master A's favourite classmates but, knowing how challenging it is keeping the plates spinning, I didn't have the heart to say no.

Master A groaned when I told him. "Do we have to?" "Yes!" Despite the original protestations, the afternoon turned out to be rather pleasant: a trip to Pizza Express followed by a screening of the new movie *Frozen* (Disney back to its magical best). And, boys being boys, they rubbed along pretty nicely.

En route back to our house, I received another call from the mum. Something had come up and she wouldn't normally ask but she wondered if Arthur could stay with us for a sleepover.

It wasn't really convenient as I had a

WORKING MUM



TABITHA
RONSON

house load of guests arriving the next day and needed to blitz the house but, again, I couldn't say no. I agreed but asked her to collect Arthur by 10am the next day, explaining about our plans.

As I had feared the boys, like a mini tornado ripping through the house, left a trail of debris in their wake. When they eventually went to sleep (threats of Santa Claus not visiting fell on deaf, over-tired, ears), I worked until 2am to get the house halfway respectable for our guests.

Arthur was fed, dressed and waiting for collection by 9.30am. At 11.50am

(almost two hours late) the mum, looking slightly worse for wear, rocked up.

I asked her how the day before had gone, referring to her hectic working schedule.

Forgetting her "poor-me" story, she filled me in with details of her evening's date with a guy she had met through the *Telegraph* dating site. Apparently, it was a third date, and, yes, he did get lucky.

"I didn't want to pull myself away from him at breakfast."

Working Mum, feeling ever so slightly chumpish.

POLITICAL VIEWPOINT

By Lutfur Rahman

Remarkable turnaround in our schools

This has been a remarkable week for our borough, which has made national headlines in the wake of an independent academic study into the turnaround of our borough's schools.

In 1997 Tower Hamlets schools were rated the worst in the country. Now, our borough is seen as an educational success story: one of the few councils whose secondary schools are all rated Good or Outstanding by Ofsted.

As Lead Member for Education in 2003, as Leader of the Council in 2008-10 and now as Mayor, education has always been at the heart of my vision for a better borough.

I'm very pleased that the hard



I'm sure we'll see even more improvement in the future

work of teachers, pupils and council officers is paying huge dividends and I'm sure we'll see even more improvement in the future.

The report concludes: "It is not unreasonable to argue that what Tower Hamlets has created are some of the best urban schools in the world. This is a genuinely exceptional achievement, worth celebrating, worth understanding, but, above all, worth learning from."

This is a quite remarkable turnaround for our schools and our pupils. And it has happened without national Government intervention, or the establishment of Free schools.

This is simply down to us, all of us. So a big thank you to all those: council officers, teaching staff and, of course, our pupils.

Can I take this opportunity to wish you all a merry Christmas and a happy New Year.

**Executive mayor,
Tower Hamlets
Council**



Wharfinger The long view



2002 A Christmas carol concert in Cabot Hall, Canary Wharf.

1950 Sailors from the US navy hold a Christmas party for the underprivileged children of the East End



High Five Unusual Christmas decorations



Brussels Sprout wreath, £39 The famous Christmas veg is rightly celebrated.



3D Doodler, £60 Draw a bauble and it will be created in a plastic material



Origami sticky note pad, £2 Each pad has instructions on how to make 10 shapes



Star Wars baubles, £9.99 Build-a-bauble with everyone's retro favourite, Lego.



Digital Dudz Xmas jumpers, £39.95 Bring your designs to life with a phone app.

SPIRAL NOTEBOOK

By Giles Broadbent

No excuse for a poverty of ambition

In a borough where 72 per cent of residents are "deprived" and where 57 per cent of children live in poverty, it is little wonder that the Tower Hamlets Foodbank is in great demand.

(The average Tower Hamlets salary is £11,400 and, in Canary Wharf, £95,000 so it's also not surprising that Wharfers have stepped into help fill shelves, bags and bellies this season.)

Yet all is not remorseless despair. The key to loosening the grip of poverty is education. And on that score, Tower Hamlets children are perhaps luckier than most in similar circumstances.

While I have had my problems with council, it deserves a hat-tip for its resolution, over 15 years, to engineer a revolution.



A journey from bottom of the heap to top of the class

While fads – and regimes – have come and gone, the improvement has been relentless.

As an example I single out St Paul's Way Trust School if only because its space age looks – and facilities – are in such stark contrast to its urban surroundings.

Its story seems to encapsulate the journey from bottom of the heap to top of the class.

When the social entrepreneur Lord Mawson began to work his magic on the area he saw the school not as a steely sanctuary, protecting children from a tough world outside, but as a beacon, presenting a vision for every aspect of the community.

If a school can be like this, why not a street, or a community? Hope coupled with will fuelled by tenacity is an unstoppable and infectious force.

A good message with which to end the year.



Follow Giles
Broadbent on Twitter
@MediaGulch

BOXING DAY & NEW YEAR'S DAY OPENING HOURS

Receive 3 hours free parking on Boxing Day and New Year's Day when you spend £10 at any shop, café, bar or restaurant in Canary Wharf.

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Carat
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Church's English Shoes
Coral
COS
Crabtree & Evelyn
Currys Digital / PC World
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Dune
EE
Evans Cycles
French Connection
Gant
Gap
Hackett
Holland & Barrett
Hotel Chocolat
Hugo Boss
Jaeger Menswear
Jaeger Womenswear
JD Sports
Jones Bootmaker
Karen Millen
L'Occitane
L.K.Bennett
Maplin Electronics

Massimo Dutti
Monsoon
Moss
News on the Wharf
Next
Oasis
Pandora
Paperchase
Phase Eight
Reiss
Reiss Womenswear
Rituals
River Island
Robert Dyas
Runners Need
Schuh
Scribbler
Ted Baker
Tessuti
The White Company
Thomas Pink
Tiger of Sweden
T.M.Lewin
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Vodafone
Wallis
Warehouse
Waterstones
Whistles
Wolford
Zara

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Byron
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Costa
EAT
Gourmet Burger Kitchen
Krispy Kreme
Kruger
Paul
PizzaExpress
Wasabi
Wildwood

NEW YEAR'S DAY

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Banana Republic
Boots
Clintons
Coral
COS
Crabtree & Evelyn
Currys Digital / PC World
Dorothy Perkins
Dune
French Connection
Gap
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Monsoon
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Oasis
Pandora
Paperchase
Phase Eight
Reiss

Reiss Womenswear
River Island
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Runners Need
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Waterstones
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Wolford
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Kruger
Paul
Wagamama
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Wasabi
Wildwood

*Opening times may vary, please check Boxing Day and New Year's Day opening and closing times with individual shops, cafés, bars and restaurants.

CANARY WHARF

Borough leads the way in inner-city schooling

EDUCATION

Rob.Virtue
@wharf.co.uk

EDUCATION in Tower Hamlets has received the highest praise in an independent report published this week.

Top academics analysed the borough's success on the back of rapidly rising exam results.

Authors behind the study, *Transforming Education For All: The Tower Hamlets Story*, said areas of deprivation around the world could learn from the east London area.

Factors praised by authors Prof David Woods, Prof Chris Husbands and Dr Chris Brown included high quality teaching, high levels of funding, strong leadership within the council and an influx of new headteachers and "a resilient approach to external government policies and pressure".

It also has every secondary school rated at either good or outstanding by Ofsted.

Back in 1998, meanwhile, the figure was just 26 per cent, way below the average of 43 per cent.

The report concluded: "It is not unreasonable to argue that what Tower Hamlets has created are some of the best urban schools in the world."

"This is a genuinely exceptional achievement, worth celebrating, worth understanding, but, above all, worth learning from."

Tower Hamlets Mayor Lutfur Rahman said: "This success has been hard won. It is the result of tremendous work by students, parents, headteachers, school staff, council officers and politicians over the past 15 years."

Labour's Cllr Amy Whitelock Gibbs said: "The report shows how since 1997 a Labour council working together with a Labour Government and with a strong family of local schools was able to make a life changing difference for our young people."

To read the full report, go to tower-hamlets.gov.uk

Political View / Page 3



A taste of Gordon

Gordon Ramsay signs copies of his latest title *Ultimate Home Cooking* at Canary Wharf on Friday. Dozens of fans turned out to meet the man and buy a book aimed at time-pressed cooks.



JAMES PERRIN



Last minute Christmas book ideas
Page 13

Royal Mail loves delivering and sorting parcels. As we do every Christmas, our 124,000 postmen and women are working very hard to deliver the best possible service to all of our customers.

They are asking you to help Royal Mail this festive season by posting as early as possible and to use the postcode. Customers should also post by the last recommended posting dates for Christmas delivery:

- **Friday 20 December for First Class items**
- **Wednesday 18 December for Second Class items**
- **Monday 23 December for Special Delivery items**

If you are posting abroad by Airmail you need to get to the Post Office if your cards and parcels need to arrive before December 25.

- **Friday 13 December for the USA**
- **Saturday 14 December for most countries in Western Europe**

The Universal Service means you can post for the same price everywhere across the UK for cards and parcels. After listening to customers, we have also extended our Small Parcel sizes. This means more items can now be sent as Small Parcels.

Customers also need to pay attention to what they can and can't post. New rules agreed with the Civil Aviation Authority, Department for Transport and the Maritime and Coastguard Agency were introduced earlier this year.

The good news is that previously prohibited items like perfume, aftershaves, nail varnish and alcohol, including whisky, can now be sent in the UK with Royal Mail. Please check when you post for packaging and quantity requirements.

International parcels cannot include alcohol such as whisky and spirits. Aerosols, perfumes, aftershaves, nail varnish and loose lithium batteries are also prohibited. Beer and wine can be sent but quantity and packaging restrictions apply. Everything must be sent through a Post Office branch.

Customers can get full information on what they can and cannot send via the Royal Mail website at www.royalmail.com, calling customer services on 08457 740 740 or check at Post Office branches.

We love parcels



Festive Fun around the DLR

Our '12 days of Christmas' guide provides inspiration to help make sure you get the most out of the festive season. To get our guide visit tfl.gov.uk/dlr-promotions

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MAYOR OF LONDON



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What's On

Top festive releases

DECEMBER 20

Anchorman 2

(15) 119mins

★★★★☆

With the '70s behind him, San Diego's top rated newsman Ron Burgundy returns to the news desk. Also back for more are Ron's co-anchor and wife Veronica Corningstone, weather man Brick Tamland, man on the street Brian Fantana and sports guy Champ Kind – all of whom won't make it easy to stay classy while taking the nation's first 24-hour news channel by storm.

The Harry Hill Movie

(PG) 88mins

★★★★☆

Surreal TV comedian Harry Hill discovers his beloved hamster Abu has only one week to live. As a final farewell, the pair embark on a road trip from London to Blackpool and encounter many eccentric characters along the way – familiar faces all.

They meet Harry's petrol-drinking nan (Julie Walters) and his long-lost evil twin Otto (Matt Lucas) who has been raised by Alsatians. Meanwhile Harry falls in love with Shell Girl (Sheridan Smith) but true love never



runs smooth, especially when they are pursued by a crazed vet, played by *Inbetweeners* Simon Bird.

American Hustle

(15) 138mins

★★★★★

The film tells the story of brilliant con man Irving Rosenfeld (Christian Bale) who along with his equally cunning and seductive British partner Sydney Prosser (Amy Adams) is forced to work for a wild FBI agent Richie DiMaso (Bradley Cooper).

DiMaso pushes them into a world of Jersey powerbrokers and

mafia that's as dangerous as it is enchanting.

Irving's unpredictable wife Rosalyn (Jennifer Lawrence) could be the one to pull the thread that brings the entire world crashing down.

Walking With Dinosaurs 3D

(U) 87mins

★★★★☆

From TV to arena spectacular and then on to the big screen, this winning combinations of big beasts and CGI goes head to head with *Moshi Monsters: The Movie* for the kids' pocket money.



Clockwise from left, *American Hustle*, *The Secret Life Of Walter Mitty* and *All Is Lost*



BOXING DAY

The Secret Life Of Walter Mitty

(PG) 114mins

★★★★☆

In what could become Ben Stiller's defining film, *The Secret Life of Walter Mitty* is James Thurber's classic story of a day-dreamer who escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action.

When his job along with that of his co-worker are threatened, Walter takes action in the real world embarking on a global journey

that turns into an adventure more extraordinary than anything he could have ever imagined.

Win tickets and goodies / Page 32

All Is Lost

(12A) 106mins

★★★★★

This film is a gripping, visceral and powerfully moving tribute to ingenuity and resilience. Deep into a solo voyage in the Indian Ocean, an unnamed man – played with career-defining presence by Robert Redford – wakes to find his 39-foot yacht taking on water after a collision with a shipping container left floating on the high seas.

Surviving a tempest, he is forced to rely on ocean currents to carry him into a shipping lane in hopes of hailing a passing vessel. But with the sun unrelenting and sharks circling, the ever-resourceful sailor soon finds himself staring his mortality in the face.

JANUARY 3

Mandela: The Long Walk To Freedom

(12A) 166mins

★★★★☆

Made effortlessly more poignant by the death of its subject, this biopic sees Idris Elba fill the shoes of the former South African president. The film follows Mandela's life from freedom fighter to prisoner to liberator and statesman.

white swan NEW YEAR'S EVE

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Books



Difficult Men

Brett Martin (Faber & Faber)
★★★★★

It is often said that if Charles Dickens were alive today he would be writing for the mass market soaps.

Yet a new story-form has emerged in recent years that would be more in keeping with his sweep and tastes. The long-form US drama was born from a number of technological and cultural breakthroughs and heralded a new golden age of TV.

Series such as *The Wire*, *The Sopranos* and *Breaking Bad* had a few factors in common – resolute auteurs and artistic freedom provided by their cable TV backers (HBO etc).

In Brett Martin's superlative and well-sourced study, the other factor in their success was the subject – difficult men. Tony Soprano, Walter White and Andy Sipowicz captured the struggle of constrained masculinity as well as echoed the larger-than-life personas of their diffident creators who scrapped and struggled to put their alter-egos on screen.

Giles Broadbent

The lowdown on...

David And Goliath

David and Goliath. Great story. That David. Beat the odds didn't he? With his sling and stuff against the big bruiser Goliath. Every loser wins, as TV's Nick Berry once said. That's not how it was.

Doink! You what? If you were there, 3,000 years ago, the giant Ray Winstone head would be giving you odds-on that the fleet-footed David would fell the lumbering Goliath.

So the surefire winner won and the underdog lost...

OK, bad example. But this book is about received wisdom. Malcolm Gladwell shows that obstacles are strengths. He takes something like the US civil rights movement or the Blitz and applies statistical, strategic and psychological analysis to personal stories to challenge what we think about mismatches, about how adversity creates winners.

OK. Give me some examples.

You think having dyslexia is a disadvantage?

Most certainly.

No. High proportions of successful people, like Richard Branson, have dyslexia. This perceived weakness builds strength in other places,



David And Goliath: Underdogs, Misfits And The Art Of Battling Giants
Malcolm Gladwell
(Allen Lane)
★★★★☆

such as determination or guile or listening skills.

OK. Give me another.

You think losing a parent would be a disaster for a child.

Why, of course.

Yes, in one way, but once a child has faced the worst and survived, he's more likely to embrace challenge.

An amazing proportion of US presidents lost their parents early on, including Barack Obama.

My brain hurts. Next you'll be saying that the ghost in the fairground is actually Mr Jenkins in a rubber mask.

No, that's Scooby Doo. This book demonstrates that a lot of what is beneficial and important arises from suffering and adversity.

Can I have a go?

A go? Er, OK.

You know when you stub your toe it hurts.

Yes.

Actually it doesn't. Ooooh. Spooky. Not spooky.

And when you take a live toaster into the bath, it's supposed to electrocute you.

Hang on...

Wrong! It just makes you stronger. Ooooh.

No, not ooooooh. You're just saying the opposite.

Isn't that what Gladwell does?

Well, yes, but we call this "counter-intuitive" which is contrariness with A-levels. Besides, he's been doing this for years in the *New Yorker* and in books like *The Tipping Point*.

So you'll be telling people not to buy this book.

No, that's reverse psychology.

No it's not.

And that's contradiction. Anything else?

Yes, what's that? Is it the giant Ray Winstone head?

No, that's me. It's glandular. I have endured much childhood disadvantage as a result of my handicap. You'll be CEO of Apple by teatime.



Two Girls, One On Each Knee
Alan Connor (Particular Books)

★★★★☆

To mark the 100th anniversary of the newspaper staple, crossword fan Alan Connor has written a broad sweep of the history of the puzzle and its myriad fads, byways and unwritten rules.

The cryptic, at the heart of this tale, is a constant source of irritation and amazement (much like this poorly-structured book). The puzzles adopt a language of their own that appears indecipherable to the outsider all evolving from the first simple "Word-Cross" puzzle.

However, those that learn the secrets behind the clues with its archaic forms, anagrams, charades, abbreviations and reversals join a delightful elite club of pseudo-eccentrics.

Connor relishes the wit and ingenuity of the setters as well as delightfully fogeyish nature of the addicts and brings it altogether with enough hints and tips to give a newcomer traction on this most curious landscape. GB

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Cute collectable mini-angel figurines available in a Christmas theme and many others, including fruit, animal and vegetable. Sold in a 'blind box', you never know which angel you'll get. Suitable for age three plus, available from kindtoys.co.uk or Amazon, £5.99.



How to resist the pressure of pester power

FAMILY

Ways to avoid overspending for your children this Christmas

Lisa Salmon
The Wharf



Parents often spend too much to please their children

With Santa's arrival looming, children are getting more and more excited – which often translates as putting their parents under more pressure to buy this year's must-have toys and gadgets.

But while the economic climate has been improving recently, new research by Forever Friends shows 35 per cent of parents are still worried how they'll afford all their children's presents.

When you bear in mind that in 2012 families spent an average of £511 on gifts it is hardly surprising.

Rosemary Spillman, of the parenting charity Family Lives, said: "Parents can feel huge disappointment and anxiety when they can't give their children the special thing they want for Christmas."

"But there are ways around it. For example, if you can't afford it, then get the rest of the family to chip in to pay for it. In the end, the child will get what he or she wants, even if they don't get as many presents from others."

Rosemary said it was also important for parents to be honest with themselves and with their children, and to be realistic about the family's finances.

"If you just can't afford the

What are the risks of indulgence?

"It's not healthy for children to receive the message that they get everything they ask for."

Rosemary Spillman

there's such a build-up before Christmas.

"We're all subjected to massive marketing, and children tell parents that all their friends are getting this gadget or that gadget, and that's when parents can sometimes push themselves over their budget."

Even if you manage to resist their pressure though, there is still the obstacle of managing your children's expectations on the big day. To avoid upset, parents should try to warn children that while Santa will bring some of the things on their Christmas list, they can't expect to get everything.

"It's not healthy for children to receive the message that they get everything they ask for, even if mum and dad do have the money."

"You can use Christmas to teach them some life lessons."

"Parents need to be brave enough to say they're putting a stop to this 'buy everything' mentality, set a budget and say 'let's just enjoy our time together as a family'."

latest toy or gadget, then tell them no," she said.

"They'll realise that you have to earn money, that there's a lot we have to pay for and, that while mums and dads do their best, there are some things they just can't stretch their budget to."

Giving expensive presents to younger children is another unnecessary need for concern.

The reality, says Rosemary, is that children of a certain age are not bothered about how much a toy costs, and are often happier playing with the box it came in anyway.

"It's hard to get off the 'buy, buy, buy' merry-go-round –

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Plan for New Year's Eve with our listings

CANARY WHARF

■ **The King lives: Boisdale**
Elvis certainly isn't dead in E14 on December 31, as Boisdale plays tribute to the King of Rock and Roll in his Las Vegas pomp. Expect Boisdale Banknotes on Casino tables and Champagne. Tickets cost £105 each. Go to boisdale.co.uk.



■ **Cava and beats: Camino**
Combine a Cava reception, Spanish tapas and a live DJ, pictured, with spectacular views of the Thames to take you into 2014 at this stylish eatery. Camino's December 31 meat or vegetarian menu, complete with a glass of fizz, costs £35 per head. Go to camino.uk.com.

■ **Dinner: Tom's Kitchen**
One of the newest restaurants on the block is offering an indulgent three-course menu, complete with appetiser, coffee and a chocolate truffle for £68 per diner. Go to tomskitchen.co.uk

■ **Anytime: Four Seasons**
The hotel is offering two ways to celebrate the arrival of 2014 – with a celebratory gala dinner, complimentary canapes and live entertainment on December 31 or a New Year's Day brunch with Prosecco. Gala dinner tickets cost £95 each, brunch is £60. Go to fourseasons.com.

■ **Five-course dining: One Canada Square**
See in 2014 without putting a foot outside Canary Wharf's tallest building. One Canada Square will treat guests to a decadent five-course meal, with two glasses of Joseph Perrier champagne, coffee and petit fours. Then a DJ and dancing until 2am, all for £75. Call 07919 882 787 or email vanessa@etmgroup.co.uk.

■ **Gourmet dining: Plateau**
If you're a fan of elegant French cuisine treat yourself to some dishes from Plateau's specially created menu. Five courses with a glass of champagne will cost £75, or there's a £35 option in the Bar and Grill. Call 020 7715 7100 to book.

■ **Tokyo tastes: Roka**
If you're regretting not heading on holiday this festive period, then spend New Year's Eve within Roka's take on the back streets



The Four Seasons is offering New Year's Eve and Day dining

of Tokyo featuring art and music from DJ Velocity. The tasting menu costs £98. Call 020 7636 5228 to book.

NORTH GREENWICH



■ **The Prodigy: The O2.**
Headline act The Prodigy, pictured, will be joined by Rudimental, Jaguar Skills and Modestep for this gig. Tickets cost £75 and curfew is 3am. Go to theo2.com.

■ **Kisstory: Indigo2**
The arena's sister venue is hosting Kisstory, the "best of old school and anthems", featuring Neev, Shortee Blitz and more. Tickets cost between £43 and £65 and are for 18-year-olds and over. Go to theo2.com.

■ **NYE: Building 6**
The O2 club has Breach and Bondax headlining a huge number of dance acts. Tickets start at £45. Go to theo2.com.

■ **GREENWICH**
■ **Live DJ: Cooperage**
The newly opened cocktail

bar below Davy's in Greenwich High Road has a live DJ and is open until late. Tickets cost £10 on the door and £8 in advance. Go to davy.co.uk/cooperage.

■ **Live music: Cutty Sark**
The riverfront pub will host a New Year's Eve dinner and live music. It will also allow you the opportunity to see London's fireworks from a great vantage point. Go to cuttysarkse10.co.uk.

■ **Party: Devonport House**
The venue next to Greenwich Park is hosting a New Year's Eve party, which includes dinner and a disco. There's also a three-course menu to enjoy. Costs £69 per person. Go to devevenues.co.uk.

DEPTFORD

■ **Cocktails: Little Nan's**
For something a little different, the secret living room in south-east London's Deptford will be open from 7pm until 11pm before the party heads to the Bunker Club upstairs. Go to littlenans.co.uk.

LIMEHOUSE

■ **Dollop NYE 2013: Troxy**
This Limehouse event features six heavyweight headliners from the world of house and techno, including Julio Bashmore, with more still to be announced. Tickets cost £4. Go to troxy.co.uk.

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Food

Champion brews

Look out for these award-winning ales when you're out



Deuchars IPA
Caledonian
3.8%

■ Due to its sweaty aroma, this pint fares better on the tongue than it does in the nostrils.

A smooth and fresh beverage, it's one to sip long into the evening.

Surprisingly, after two or three sips slowly the smell hardly seems to matter at all. The Deuchars was Champion Beer of Britain in 2002.



Oscar Wilde
The Mighty Oak Brewery
3.7%

■ This chocolatey concoction was Champion Beer of Britain in 2011 and has lost none of its quality in the intervening 24 months.

It's rich and complex, perfect for a dark wintry evening by the fire swapping bon mots with a friend.

Brewed with feisty Maris Otter barley, this is one to track down.



Bitter & Twisted Blond
Harviestoun
4.2%

■ Fresh and zingy were the words to leap out of the mouths of tasters when confronted with this brew.

More forgiving than its name would suggest it's the kind of pint that reacts in a curious way with glass pots causing them to spring undetectable leaks, necessitating constant re-filling.

Champion in 2003.

I gave up city life for a tun of opportunity in brewing ale

Hop Stuff's James Yeomans tells **Rob Virtue** why his life is much better as a microbrewer than a banker

There's a brewing revolution taking hold in the capital – and it's based on a growing passion for ales.

James Yeomans was an analyst at Lloyds in the City before he decided his future lay in the very different world of beer.

He quit his role in the debt capital markets origination team before starting Hop Stuff Brewery in September.

Three months on the firm has proved to be a big success working out of its Woolwich base at Royal Arsenal.

"In my job I didn't enjoy the lack of tangible worth, leaving the office at the end of the day and not being able to touch anything I had made," said James, 24.

"Now I work in my brewery and can see people enjoy what I make. I've always loved beer and have always been interested in how you get distinct flavours in ales.

"Since moving to London in 2010 things have gone crazy in the cask beer industry. It was something I really wanted to get involved with."

James got the business up and running thanks to crowd funding, from which he was able to raise £58,000.

Since then, Hop Stuff has been busy devel-

Why did you leave City life for a job brewing beer?

"In my job I didn't enjoy leaving the office and not being able to touch anything I'd made."

oping tasty beers including the 4.3 per cent light Fusilier, a 5.6 per cent Indian pale ale and a 7.4 per cent porter.

It's now distributed to an ever-growing number of pubs and bars across east and south-east London.

"It's been going well," said an understated James. "There are a lot of breweries springing up but apart from Meantime there aren't really any around south-east London, so there is a gap in the market."

"The brewers in the capital all seem to be similar to me. They got bored of walking into the pub and seeing the same pints on tap. There's been a real lack of choice."

"And in London when Young's moved out of Wandsworth, that was the end of commercial brewing in the capital. The microbreweries are now filling that gap."

Places to taste the best



Truman's Beer

■ The company has been brewing in Suffolk for the last three years and has now returned to east London in Hackney.

Truman's Beer is the recreation of the historic brewery formerly based in Brick Lane. Its links to its old incarnation are still alive – the new brewers took a 1958 yeast strain stored in liquid nitrogen from the Truman's archive and used it for its latest beers. Go to trumansbeer.co.uk.



Zero Degress

■ The Blackheath microbrewery and bar had a lengthy closure before reopening at the end of last month.

Zero Degress is a family-run company with four venues across the country. It's promise is no preservatives, additives, pasteurising or filtering. The south east London bar is now 13 years old and uses a computer-controlled German system. Go to zerodegress.co.uk.

GAUCHO
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SMALL PLATES PERFECT FOR
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BEN BROOMFIELD

Left, James Yeomans at his Woolwich base where he brews Hop Stuff, above, and ready to ship, below



The optimism created by the ongoing regeneration of Woolwich is reflected in Hop Stuff's growth.

And the brand also teases out the area's history with beers such as Fusilier and Gunners Porter.

"Woolwich has had a hard time recently

for horrific reasons but we've seen so much positivity in the area since," said James.

"There's a great vibe in the town with developments like Royal Arsenal coming and various businesses arriving. It's a good place to be right now."

Go to hopstuffbrewery.com.

capital microbrewing



Old Brewery

■ A restaurant, a bar, a cafe, and an experimental workshop, which allows brewers to create limited edition beers.

Based in the heart of Greenwich, within the grounds of the Old Royal Naval College, The Old Brewery is part of Meantime, the group that has grown to become an international brand, while still managing to keep to its principles of microbrewing.

Go to oldbrewerygreenwich.com.



RLA's at The Old Loyal Britons

■ The pub just off Creek Road in Greenwich opened three months ago and promises to only sell London brewed beer at its pumps.

Definitely worth a visit for the range of beers that are on offer. The management team is also planning to brew its own ales in the New Year.

So, not a microbrewery yet but another strong prospect in the pipeline.

Go to ewbrewery.com.

CARLUCCIO'S

Get two-for-one at Italian stalwart

★ Start a new year of socialising with a hearty Italian feast at Carluccio's Canary Wharf.

The Reuters Plaza restaurant is running a two-for-one offer on its menu starting on January 2 and running until February 11.

Opt for dishes including pasta con funghi, lasagna tradizionale and risotto, rounded off with a mouth-watering desert such as tiramisu al frutti di bosco.

Diners in groups of six or less can download discount vouchers from carluccios.com from January 2.

ZOMATO

Wharfers' festive favourites found

★ Canary Wharf restaurants Tompkins, Tom's Kitchen, Haze and Zizzi have proved to be the most popular for those looking for Christmas set menus in the area, according to food search website Zomato.

It also found the average meal for two during the festive season cost £47.

A spokeswoman for Zomato said it was no surprise the Wharf had more Christmas offerings than New Year's Eve options as people preferred central London on December 31.

Royal China

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Christmas bookings*

Set menu just
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per person
(min of 2 people)



Hors D'oeuvres

Butterfly prawn
with crushed garlic

Minced turkey wrap
with lettuce

Crispy aromatic duck Main

Diced fillet steak
with black pepper sauce

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with teriyaki sauce

Baked silver cod Thai style

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mushrooms

Royal China lotus leaf rice

Dessert

Fresh Fruit Platter

Royal China Canary Riverside,
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020 7719 0888

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www.radissonblu-edwardian.com/newprovidencewharf
for more information

For Event details please call 02079876566 or
email npwcb@radisson.com

For Restaurant bookings, please call
Scoff and Banter 02088208136 or email
canarywharf@scoffandbanter.com



SCOFF & BANTER

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Fashion



JACK WILLIS
Keinton dress, £198
jackwills.com



MISS SELFLEDGE
Feather cape, £85, Embellished maxi, £85,
Tutu dress, £69, Sequin jacket, £150
missselfledge.com



PHASE EIGHT
Judy sequin ombre top, £65, Trousers,
£65, Sophie clutch bag, £49
phase-eight.co.uk



BODEN
Sequin leaf dress, £143.20
boden.co.uk

Dazzle on New Year's Eve

Lisa Haynes gets you all frocked up well ahead of 2014's arrival bash

COAST
Rita gold floral skirt, £125
coast-stores.com



JAEGER
Metallic pink dress, £149
jaeger.co.uk



DEFINITIONS
gold brocade jacket, £27
very.co.uk



AUTOGRAPH
Sequin embellished skirt, £59
marksandspencer.com

WIN tickets to the Excel Wedding Show

★ *The Wharf* has teamed up with The London Excel Wedding Show, which takes place from January 11-12, to give readers the chance to win pairs of tickets.

The show is the ideal day out for brides-to-be with bridal parties in tow, presenting over 120 exhibitors showing the best local bridal wear brands, wedding specialists, products and services, ensuring you'll have everything you need for your big day.

Visitors will also be treated to stunning catwalk shows featuring the latest fashions for brides and grooms. A host of professional entertainers, singers and musicians will also be entertaining the crowds.

Exhibitors include John Lewis, Debenhams, Burton, Moss Bros, Sandals Honeymoons and many, many more.

After a fabulous day of shopping, visitors can relax and unwind with a glass of bubbly in the show's Champagne bar.

New for 2014, the Expert Theatre will bring professionals from London together to give brides and their wedding party all the advice and inspiration they need for planning their big day.

Topics include hair and beauty, wedding planning, floral arrange-



ments, choosing the right dress and wedding photography.

All visitors to the show receive a free goody bag, a free show guide which includes all the contact details and advice a bride needs to plan their perfect day.

For a chance to win, just answer this simple question: Where is the show being held?

To enter go to wharf.co.uk and click the competitions link. You'll need this code **WS001**.

Advanced tickets cost £8 and must be booked by midnight on January 10. Tickets on the door cost £10.

Go to theukweddingshows.co.uk.

THE
LONDON EXCEL
Wedding
SHOW

Health

SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

Tis the season to be jolly. And jolly good to myself is what I've been. But I hate to say, while I've enjoyed myself immensely, it's bad news for the diet. I've failed to stay away from the temptations of Christmas – wine, chocolate, nibbles, the list goes on. You'll not be surprised to hear that I haven't weighed in at Weight Watchers this week – and I probably won't until January. That's when I'll be back, fighting fit and ready to shed the festive pounds and hopefully a whole lot more.

■ Start: 14st 4½lbs
■ Now: 12st 9lbs
■ Goal: 10st 7lbs (or as near as)

WEIGHT LOSS TIP



GETTY

★ If you've made the decision to carry on losing or you want to maintain your weight over Christmas, here are some ProPoints values to help you minimise your intake:

■ Roast turkey breast, 100g (4PP)
■ Sage and onion stuffing, 50g (2PP)
■ Cranberry sauce, one tbsp (1PP)
■ Roast potatoes, 100g (4PP)
■ Steamed or boiled veg (0PP)
■ Gravy granules, two teaspoons (1PP)
■ Christmas pudding, 100g (6PP)
■ Brandy butter, one tbsp (2PP)
■ Double cream, one tbsp (2PP)
■ Champagne, 125ml (3PP)
■ Glass of red or dry white, 175ml (4PP)
■ Stilton or Brie, 40g (4PP)

DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings and ProPoints go to weightwatchers.co.uk.

REEBOK SPORTS CLUB

Work up a sweat and raise some charity cash

★ There's no excuse not to break a sweat at a Christmas themed charity workout tomorrow (Friday).

The team at Reebok Sports Club will be donning festive gear for the masterclass led by Tanya, between 12.10pm and 12.55pm. Funds raised will go to Children in Need. Session is open to both members and non-members. Go to reebokclub.co.uk.

BIKRAM YOGA

Save 42% with a five class pass at yoga studio

★ Feel the heat as the temperatures plummet with a fitness offer guaranteed to leave you with a warm glow.

Bikram Yoga London's studio in South Quay is offering a special December Deal of a five-class pass for just £49. With a saving of 42 per cent on the drop in session rate, budding yogis can make use of the offer until January 7, 2014.

The discount is available to both new and existing customers. Go to bikramyogalondon.com.

How we help Wharfers get back on track fast

REHABILITATION

Reporter **Beth Allcock** takes her notepad and knee injury to the Wharf's Pure Sports Medicine

Positive feel-good fitness vibes are all around at the start of the New Year. A whole host of sports-based resolutions tend to be voiced – from the lifelong couch potato to the hardened gym-goer – spanning promises to dust off neglected gym memberships to stepping up the stamina to take on a Marathon.

Amid the buzz of a fresh calendar of optimism, some Wharfers will tip at the other end of the scale in 2014, suffering from the frustration of carrying an injury and craving rehabilitation.

Whether it's ligament tears suffered on the football field, back pain from a desk-based role or a twisted ankle from a combination of stilettos and a night on the tiles, it can be a tough time.

Specialist musculoskeletal physiotherapist Bryan McCullough, of Pure Sports Medicine in Cabot Place, said the time-pressured E14 climate fostered a desire for quick recovery.

"The main ethos of the centre is we offer the sports medical care that elite athletes get to the public," said the 29-year-old. He showed me the ultra-sound, dynamic splints and joint-based injection machines on-site in the investigation rooms.

"People are on a very tight schedule here – they want things done yesterday. Generally people are impressed by getting care they don't expect.

"To say to someone, you've got a consultation with a physiotherapist and then to be able to call in the doctor, or sports therapist, or podiatrist, for a lot of people that's an efficiency they weren't expecting at a level of care for multiple injuries that is unique on the Wharf. There's no-one else here offering this multi-disciplinary care."

With a host of in-house specialists and facil-

Pure Sports Medicine's Bryan McCullough specialises in musculoskeletal physiotherapy



ities including sports doctors, physiologists, dieticians, osteopaths and sports therapists and podiatrists, the centre strives to offer an integrated approach.

Its gym facility has been designed to "break down the barriers to rehabilitation and effective treatment" by ensuring clients have access to a space where they can carry out their bespoke recovery programmes. Some equipment is shared with neighbour Body Reform.

Bryan says for those suffering an injury it can be "heartbreaking", recounting his first memories of physio sessions at the tender age of 12, when a kneecap injury forced him to abandon rugby for two years.

"People love their fitness around here," he said. "They are really active people and they are pretty motivated."

"Rehab is about activity modification, and that can mean anything from doing every-

Reaching out beyond the Wharf

Q&A

Reebok Sports Club's 25-year-old swimming coach Lorcan Loughrey tells us about his personal goals and latest project in the pool.

■ **What do you do at the club?** I started as a personal swimming coach in February this year.

I have also set up Canary Wharf Reebok Swimming Club of which I am the secretary and coach.

This club has been affiliated to the ASA (National Governing Body for Swimming), which gives us the ability to participate in nationally licensed competitions.

To the best of my knowledge we are the first club of our kind to have developed a swimming club.

■ **What's this about a new outreach programme?**

When I started at Reebok one of my goals was to develop the swimming programme further, increasing awareness and offering diversity in the opportunities for everyone to swim.

I wanted to reach further and do more for swimming around the area I work and live – with a quick search I came across Queen Mary University Swimming.

The club were in need of a voluntary swimming coach so I

dropped an email to the club president.

The club has more than 40 swimmers and consists of a fitness team and competition team who train twice a week.

After discussing this Reebok, I was happy to provide my time to work at the university and, within a matter of days I started coaching the team for their next competition. I have been doing that for nearly two months now.

■ **What's the goal for the university club members?**

All of the swimmers have different aspirations for their swimming, some come to keep fit, some come to improve technique, and many come to compete.

The atmosphere we are now

36m

Pounds has been set aside for Poplar Baths

developing together thrives on their aspirations and commitment, the team is strong and is showing a real drive to move forward.

Our overall goal is to build up the swimming programme to a point that allows the participants to not only develop as swimmers, but as people as well.

In terms of competitions, we are looking to start competing in the British University Championships held twice a year and other various competitions throughout London.

■ **How are you helping them?**

I'd like to think the swimmers have picked up on the passion I have for swimming and have started to thrive because of my upbeat behaviour.

PSYCHOLOGICAL IMPACT OF INJURY

★ Wharf based counsellor **Owen Redahan** had this to say about injury: "People react differently to being ill or injured. Some just accept what is and use the time to catch up with reading, watching TV programmes or listening to music."

"At the other end of the scale being laid up can drive others mad. They worry about their work mounting up. They get frustrated with not being able to socialise or exercise."

"Most people lie between these extremes and are happy enough to have some

time off to recover but get bored after a few days.

"What's useful for everyone is to talk to someone, a friend maybe, about their fears."

"Getting concerns out in the open will help put them in some perspective."

Go to owen-redahan.co.uk.

KAY LOCKETT



REVIEW

Pure Sports Medicine Consultation

Canary Wharf

Stepping inside the smart surroundings of Pure's clinic room for an hour-long initial consultation (costing £95) with specialist musculoskeletal physiotherapist Bryan McCullough, a feeling of friendly efficiency immediately hit me.

Bryan was welcoming and understanding as I explained – in rather lengthy terms – the story of how my left knee had become so swollen and painful.

He made detailed notes throughout, which were subsequently sent to me by email and then carried out a physical examination.

After being advised to 'yell' should I feel any pain, I squatted, turned my knees in and out and balanced on either leg. After further tests he revealed the good news was he didn't think my anterior cruciate ligament had been damaged. However, it might be that there is a sprain in the medial collateral ligament or, more seriously, a tear in the knee cartilage, scientifically known as the medial meniscus.

Despite the prospect of potentially needing surgery, Bryan kept things focused by outlining a plan of action – first stop, the doctors for a referral for an MRI scan.

Although quite a shock, it felt good to be offered a way forward and course of action, with follow-up appointments to arrange physio and leg-strengthening exercises in the pipeline.

Beth Allcock

Our verdict

A thorough and comforting session

★★★★★

thing except a complete sports match to trying to maintain some level of exercise and fitness with the problem. Keeping the body active is important as long as it's not affecting the injury.

"And we have to manage expectations. If someone understands the seriousness of the injury from day one they can put the situation in context."

Pure's treatment rooms aren't just filled with the injured. The centre also carries out

preventative treatment so if you're training for a marathon – the centre's busiest time – iPad technology can monitor your technique to ensure you're tip top. Training plans can also be produced.

"It says a lot about our clinicians and the experience they have that they come back from working at elite level to work at Pure," said Bryan.

Go to puresportsmed.com.



Reebok Sports Club's Lorcan Loughrey is feeding his coaching talents back into the community via a voluntary role at Queen Mary University

■ You've trained Olympic hopefuls before, is training professional swimmers what you enjoy most?

I started my career teaching swimming to preschool children and then moved to teenagers and adults. It's the diversity between different individual's goals that I really enjoy.

■ Any future swimming schemes in the pipeline?

I'd love to be involved in some way in the £36million regeneration of Poplar Baths, somewhere I walk past every day. I wrote my dissertation on corporate social responsibility and how this could extend to the community so it's a subject close to my heart.

Members can book training sessions with Lorcan at Reebok via reeboksportsclublondon.com.

Cheer yourself up with these moves



Our fitness guru **Laura Williams** talks hotpants and cheerleader moves



The Roar in London

If you need a bit of motivation to help you practise damage limitation with Christmas treats and festive fun this week, look no further – Jennifer T from Jacksonville Jaguars' cheerleading team The Roar offered her tips on how to sizzle in hotpants during a recent trip to Canary Wharf.

■ How did you enjoy your time visit to east London?

The time we spent in London was extraordinary. Everyone is so friendly and excited to learn more about the Jacksonville Jaguars.

We went to Canary Wharf as part of our Cheer Up London campaign and performed for staff at Barclays Capital.

■ Those hotpants are pretty snug. What are your tips to anyone wanting to don a pair next summer?

You have to maintain balance in your diet and exercise routine. Squats are key. As is self confidence.

■ What are your top three upper body moves in order to really rock a crop top?

Core work is important. Focusing on Pilates moves like The Hundreds, the Double-Leg Stretch and the Crisscross will have you crop top-ready in no time.

■ What's your diet like?

Balance is very important and eating in moderation is essential. Avoiding sugars and bad carbs is key to staying lean.

You have to fuel your body with lean proteins and healthy carbs to be able to have the energy to dance on game day for hours.

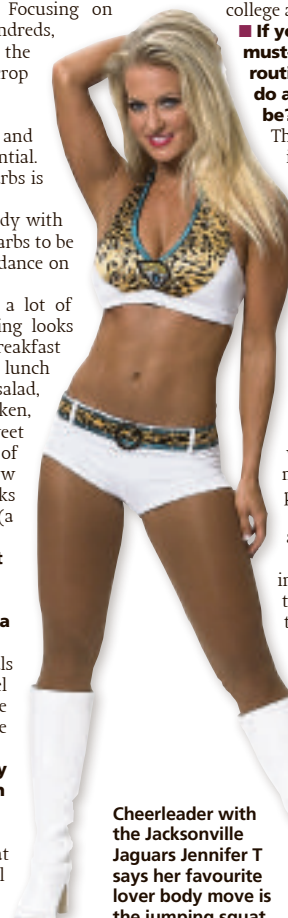
You also have to drink a lot of water. A typical day's eating looks something like this – a breakfast of oatmeal and berries, lunch of grilled fish and green salad, a dinner of grilled chicken, broccoli and mashed sweet potato and then a snack of almonds, or, one of my new favourite high protein snacks Greek yogurt with Truvia (a sugar substitute).

■ Is there often a conflict between eating what you fancy and eating what works for sporting a cheerleader's outfit?

There can be, but my goals are wanting to look and feel good so that doesn't feel like a conflict – those two are compatible.

■ Do you ever want a day off from being good with your food and working out?

Yes, I believe you have to treat yourself to the occasional splurge, but get right back to your routine.



Cheerleader with the Jacksonville Jaguars Jennifer T says her favourite lower body move is the jumping squat

■ What are your top tips for staying on track for diet-weary Wharfers?

Mix it up, don't always eat the same thing. Find a variety of foods that taste good and are good for you and rotate them throughout the week so you don't get bored with your food.

Avoid snacking, but always have a healthy snack ready just in case you get hungry so you have no excuse to reach for a cookie.

■ How many hours a week do you spend rehearsing and in the gym?

A lot. Nine hours a week rehearsing and about 30 minutes a day working out.

■ Is there much rivalry between you and the other cheerleaders?

No, we are all supportive of one another. We are all working hard balancing careers, college and cheerleading.

■ If you had to name some must-do moves from your routine that busy Wharfers can do at home, what would they be?

There are so many habits you can incorporate into your daily life at home or work that will benefit you.

Take the stairs instead of the lift or walk instead of taking a cab.

If you like a quick routine in the morning start with a good stretch, then light cardio like jogging on the spot or just dancing to music – anything just to get your heart rate up.

Skipping is another great way to get moving in the morning. You can always incorporate push ups, squats and light weight work to tone your arms and legs.

Some of my favourites include the shoulder exercises the front and side raises and then the overhead press with 5lb weights.

My favorite lower body move is the jumping squat (these count as cardio too and work your glutes hard).

My fave fast workout that gives you the most bang for your buck is a tabata workout of your choice – go to tabataxercise.com to find out more.

Travel

Why opting for luxury pays for itself on a pre-baby family trip

LANZAROTE

James Tapsfield finds plenty of activities for his daughter while his wife relaxes by the pool

When you book a holiday in sun-drenched Lanzarote, you may not expect to end up on a submarine.

But that is exactly where we found ourselves, to the delight of my three-year-old daughter Evie.

And as the slightly claustrophobic yellow vessel descended into the water, a small voice inevitably piped up: "Daddy, I need the toilet."

My wife Ellie, seven months pregnant at the time, had made perfectly clear from the outset she wanted no part in this excursion.

The idea of the holiday was to give her the most relaxing time possible before the new arrival threw everything into chaos again. But that did not mean the ever-energetic Evie and I wanted to spend all week dozing by the pool as well.

Keeping everyone happy on a pre-baby getaway can be a tricky task. We tried to strike a balance by going for luxury and we found it at the Princessa Yaiza hotel, in the former fishing village of Playa Blanca on the southern tip of the island.

Our impending delivery had pretty much ruled out long-haul destinations. But, even in the absence of a baby bump, flying any distance with a small child is a nightmare.

At four hours from the UK, the Canary Islands are about the closest place you can go while guaranteeing



While Kiko, below left, keeps the kids busy, adults are free to explore the beaches of Lanzarote or Princessa Yaiza's extensive five-star facilities including restaurants, below right, a spa and eight swimming pools

decent weather outside peak season. Using Thomson's Sovereign service to book helped minimise stress from the moment we cleared airport security and sauntered – or bounced in Evie's case – into the courtesy lounge.

And, despite my worst fears, the flight to Arrecife zipped by in a tolerable blur of colouring books, card games and Tree Fu Tom episodes on the tablet.

From there it was a smooth half-hour transfer to the hotel where the benefits of shelling out for luxury really kicked in.

Almost before we stepped out of the car, the porters had unloaded the bags and whisked them away to our suite. Moments later, staff in the tasteful, tree-strewn lobby were pressing glasses of Champagne into our willing hands, and generally getting a move on checking us in – which is exactly what you want when you've got an over-tired pre-schooler on your hands.

Yaiza is a genuine five-star proposition, with around 400 sumptuously-fitted suites arranged around eight swimming pools, high-grade restaurants, a large spa, gym, tennis courts and all the other facilities you would expect.



Even full to capacity, there was never an issue securing sun loungers among the plentiful palm fronds and babbling fountains.

If you feel like venturing beyond the opulent hotel estate, a yellow-sandy beach is right outside the gates with breathtaking views across to the neighbouring island of Fuerteventura.

So far, so good. But Yaiza's real selling point is what it does for families. And in large part this is down to a seven-foot tall duck they call Kiko.

I find oversized animal mascots in hotels a little intimidating. There were times when I looked up from my



breakfast coffee and pain au chocolat and was not entirely pleased to see Kiko heading straight for me on his morning meet-and-greet.

However, you can't argue with his results. Evie's enthusiasm for the duck knew no bounds and she demanded cuddles and photographs whenever we sighted his tail feathers waggling in the distance.

That meant she was also eager to spend time in Kikoland, an impressive purpose-built complex adjoining the main hotel site. There are four playhouses for different age ranges, from cots and baby toys in Cooky Club

What did the five-star luxury deliver?

"All we had to do was drop Evie at the gate and go and enjoy a massage at the Thalasso Centre."

through to Playstations in Gremlin Club for teenagers.

Football and tennis training camps are laid on for older children, as well as sessions of volleyball, water polo and table tennis.

All we had to do was drop Evie at the gate, hand over her Kiko Pass, and go and enjoy a massage at the Thalasso Centre or read a book secure in the knowledge that she was being well looked after.

After a day of swimming, cake-making, painting and attempting to demolish the hotel's substantial soft play zone, most evenings Evie barely had the energy to participate in the kids' mini-disco.

It's worth escaping the hotel sometimes though and I'd recommend something more offbeat and opt – as we did – to go to Puerto Calero for a submarine trip.

Submarine Safaris operate a hi-tech vessel that takes a couple of dozen people down approximately 30m, and roves around the coast for an hour.

It's a great way of seeing the abundant local ocean life, and Evie thought she was an extra in *Finding Nemo*.

Among the colourful creatures we spotted were a stingray, an angel shark and parrotfish. If you have a birthday or other special occasion to celebrate, they will also send a scuba diver to hold up a sign at the window.

Just, whatever you do, remember to take the kids to the toilet first.

South Africa sale



★ South Africa's on sale this month at STA Travel. Go online to get flights from £429 and other discounts including 10 per cent off Baz Bus passes and shark cage diving, 25 per cent off adventure tours, safari tours from £299, free nights accommodation and teaching or volunteering opportunities. Go to statravel.co.uk.

FACTFILE

■ James Tapsfield was a guest of Sovereign Luxury Travel (sovereign.com), which offers a saving of up to £505 on a week at the five-star Princessa Yaiza Suite Hotel Resort in Lanzarote, from £2,059 per family of three.

■ The price includes complimentary child accommodation (2-4 years), 80 Euros resort credit, one complimentary spa circuit per adult, return flights from London Gatwick with Thomson, airport lounge access, private transfers

and seven nights' B&B in a one-bedroom suite.

■ Prices were correct at the time of going to press but readers should check with Sovereign for 2014 rates as these may vary from the December 2013 prices quoted.

Get 15% off



★ The season of goodwill has started in earnest at STA travel with selected adventure tours discounted by 15 per cent until December 31. For promo codes and prices to destinations across China, North America and East Africa go online and book there or visit the brand's London stores. Go to statravel.co.uk.

LondonEYE



SUZANNE PLUNKETT



NIGHT AT THE MUSEUM The Duchess of Cambridge in 3D glasses for a screening of David Attenborough's *Natural History Museum Alive 3D* at the Natural History Museum last week.

TOBY MELVILLE



IN THE AIR A passenger aircraft is seen from the village of Longford near Heathrow in west London on Tuesday. Britain should consider building new runways at Heathrow and Gatwick airports, a government commission said.

ANDREW WINNING



ROBOT WARS Olie Williams of Bonhams displays a working mould for the first R2D2 Star Wars character on Thursday. The mould was expected to fetch between £6,000-£8,000 when it went under the hammer yesterday (Wednesday).

ANDREW WINNING



NEVER FORGOTTEN

Women carry a floral tribute at an event to mark the anniversary of the brutal gang rape of a student on a bus in Delhi, outside the Indian High Commission in London on Monday. The rape and assault led to the death of the victim and to widespread protests against violence towards women. Nirbhaya, which means "fearless one", was the name given to the victim of the attack, Jyoti Singh.

STEFAN WURMUTH



BLAZING SKIES The sun sets behind the London Eye in the capital as the fog gives way to clearer skies, colder weather and an outbreak of storms.

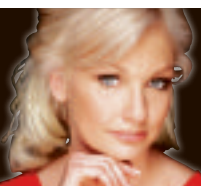
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Legal dealings or matters of an official nature cause you headaches, but the sooner you lay your cards on the table, the sooner everyone will be at peace.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

You don't care if your words cause damage. You just want to hurt someone who has done the same to you. Slow down and take a breath. Time to move on.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Meetings you have this weekend can dispel the myth that there is a problem between you and a close one. There are too many people involved.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

You're angry about something but it seems that you're taking out your emotions on everyone but the person concerned. Regroup and re-target.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Take your time in all you do today as a rushed attitude the stars are trying to place over you could see you making silly mistakes. Move stealthily Gemini.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Make sure you're not just saying yes to close ones for the sake of it, but that you want to do what they're asking. Things will only escalate if you're careless.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Today's really good for artistic work and for taking personal projects up to the next level. Conversations with friends can reveal an admirer's true feelings.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Spend a little more time on you Virgo, working out what you want and where you're going. It's the key to you feeling as good as you really should do.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Dishing out the compliments today can ensure that you receive them in return. You've been licking your wounds, but you're back on your A game.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Those close to you are announcing major changes in their lives which could make you feel you need to do the same. Do you though? Be honest Scorps.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Defeat didn't kill you, it simply made you stronger. Trips you plan to take are proof of this. You're not afraid anymore. Family life requires a big change.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

News of a wedding or engagement brings surprise but also urges you to get on with your own life. Don't let friends down tonight. Hang in there.

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Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? And then perhaps share out the contents of your goodie bag full of merchandise from *The Secret Life Of Walter Mitty*?

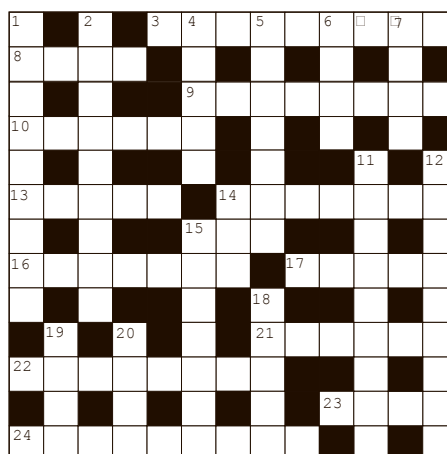
We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine), a pair of tickets to the cinema and a goodie

bag which includes a laptop case, keyring, T-shirt, USB and backpack. To be in with a chance of winning, just tell us the name of the actor who plays Walter Mitty.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is December 31, 2013. You must include your name and postal address.



Crossword



ACROSS

3. Most liked (9)
8. Encrypted communication (4)
9. The whole amount (8)
10. Dozen (6)
13. Truncheon (5)
14. Sheltered port (7)
15. Racket (3)
16. Several different (7)
17. Japanese dish (5)
21. Divulge (6)
22. A direct hit (5-3)
23. Jelly type (4)
24. Lucky (9)

DOWN

1. Superior to, informally (1,3,5)
2. Bold exploit (9)
4. Change (5)
5. Low padded seat (7)
6. Irritate (4)
7. Ballerina's skirt (4)
11. Racing sledge (9)
12. Large guns on wheels (9)
14. Belonging to him (3)
15. Underground cell (7)
18. Give medical care to (5)
19. Greek aniseed-flavoured spirit (4)
20. Horizontally level (4)

ACROSS: 3. Favourite; 8. Code; 9. Totality; 10. Twelve; 13. Baton; 14. Harbour; 15. Dint; 16. Various; 17. Sushi; 21. Reveal; 22. Bull's-eye; 23. Agar; 24. Fortunate. DOWN: 1. A cut above; 2. Adventure; 4. Alter; 5. Ottoman; 6. Rile; 7. Tutu; 8. Racket; 9. Bold exploit; 11. Racer; 12. Cannon; 14. Skirt; 15. Cell; 18. Medical; 19. Aniseed; 20. Level.

Sudoku

EASY

	2	8	6				5	4
7	4	9			8	1	3	
5	1		3	4	9	8	7	
		2	5	1		3		9
	9		8	6		7	2	5
6			9		7	4		1
		5		9			4	3
2	3	4	1		5	6	9	7
9		7			2	5		8

HARD

6				9				
					6	1		8
					7	3	9	
9		5				2		
		2		4		7		
			3					
	3		8		9		5	
	5		7		1		4	
	8							

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

the Road

ROAD TEST

Mazda offers real six appeal

Patrick James
The Wharf

Mazda's stylish saloon has always been one of the best looking in its class. But, in a bit of a twist, it has been outdone, strangely, by the estate version.

With cat-like features on the grille, a swooping slope to the rear, roof bars and smart alloys, the Mazda6 Tourer looks like an elongated coupe.

Mazdas have always been ultra-reliable, with customers regularly returning to the brand, and they are now up there with the best in terms of quality.

This model looks good and feels good. The two petrol and two diesel engines available feature an i-Eloop capacitor-based brake energy regeneration system which boosts economy by up to 10 per cent when combined with a stop/start system.

The 175ps diesel engine powering the car we tested offers real sporty

performance together with excellent economy. The 2.2-litre unit accelerates the car from 0-60mph in just eight seconds – real hot hatch territory – and tops out at 137mph.

The punchy diesel also has bags of torque, which really comes into its own on the motorway where the car surges from 50-70mph effortlessly, making overtaking a breeze.

The high capacity engine is still economical and manages to deliver an impressive 61mpg and low CO2 emissions of 121g/km, making it an attractive fleet buy.

Its streamlined shape means its slippery through the air and wind and road noise are kept to a minimum.

On lesser roads the ride can become unsettled but generally it is a comfortable place to be. It handles well for a long car while the responsive steering takes you directly where you want it to go.

Estates need to be practical and, while not the biggest by any means, this vehicle offers plenty of stowage



The estate version of the Mazda6 is a great looking car with a sleek streamlined body that slips through the air



space, both in the boot with 506 litres with seats in place, expanding to 1,648 with the seats folded.

It is not the cheapest in class, the entry level model comes in at nearly £21,345 but is well equipped.

Available in SE, SE-L and Sport trim, standard equipment includes 5.8-inch colour touch screen, integrated Bluetooth, iPod and USB connectivity and leather steering wheel and gear knob.

Our verdict

Tourer feels more like a coupe

★★★★☆

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The official fuel consumption figures in mpg (l/100km) for the Mazda range: Urban 25.4 (11.1) - 55.4 (5.1) Extra Urban 45.6 (6.2) - 78.5 (3.6) Combined 35.3 (8.0) - 67.3 (4.2). CO₂ emissions (g/km) 188 - 108.

*Offer available to individuals for orders received between 01.10.2013 and 31.12.2013. Figures based on Mazda Personal Contract Hire on a non-maintenance contract hire package over 24 months and 9,000 miles. Monthly payments are £249.00 (incl. VAT) for the Mazda6 Saloon 150PS SE-L Diesel. Rentals and excess charges are based on the current VAT rate. An excess charge of up to 11.87p/m (exc VAT) will be applied for mileage in excess of 9,000 miles p.a. Excess charges also apply if the car is not serviced and maintained in accordance with manufacturer guidelines and returned to Mazda Contract Hire in a condition commensurate with the BVRLA Fair Wear & Tear guidelines for its age and mileage. Package includes RFL and Mazda Roadside Assistance. Offer subject to availability and status. UK supplied vehicles only. For full specification, details, terms and conditions contact your local retailer. Guarantee and/or indemnity may be required. Applicants must be 18 or over. Details correct at time of publication and may vary, eg. if list price changes. Personal contract hire by ALD Automotive Ltd., trading as Mazda Finance, is available through ALD Finance. We may receive a commission from them for the introduction. Model shown with monthly payment: Mazda CX-5 150PS 2WD SE-L Diesel, OTR £23,295 and new Mazda6 Saloon 150PS SE-L Diesel, OTR £22,795. Mazda CX-5 shown features optional Paintflair paint (E630) and the new Mazda6 features optional Soul Red Metallic (E660). On the road prices include 20% VAT, number plates and 3 years' European Roadside Assistance.

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THE FANS' ROAR



By Ian Toal

We need to sort out our defenders

Millwall Supporters Club
 millwallsupportersclub.co.uk

Yet again Millwall's poor away form reared its ugly head as we shipped in three goals to Blackburn Rovers at Ewood Park last Saturday.

The 3-2 defeat was particularly annoying as it was following a couple of better home results.

We are not going to get much away from home until we can defend better.

We fell behind early on but managed to get back level through Martyn Waghorn in the last appearance of his loan spell although I am not convinced it is worth trying to pursue him permanently.

In his last three matches we have seen him play up front in his preferred position in a 4-4-2 formation when before that he had spent many matches out on the wing trying to supplement the lone striker in attack.

His best position is as one of two starting strikers. While signing him would strengthen our squad and our team, it would be a marginal benefit.

Besides, Scott MacDonald is waiting to be given his chance and maybe he can strike up a good partnership with Steve Morison. This Saturday's home match against Middlesbrough is another must win match due to the poor away form. It will only cost a fiver to get in so hopefully that will persuade enough people to make an effort for the last game before Christmas. *Millwall v Middlesbrough, Sat, 5.30pm.*

More at wharf.co.uk

Powell gearing up for dogfight

CHARLTON

Rob.Virtue
 @wharf.co.uk

THE Addicks' under-21 side gave some welcome relief to first team woes by crushing Cardiff City 5-2 at Sparrows Lane on Monday.

Joe Piggott and Tobi Shio Silva got two goals each in the rout, with Callum Harriott getting the other.

And, with Harry Lennon becoming the eighth youth product to sign a professional contract this year, the

future is bright for the young side.

That would have given a boost to manager Chris Powell who was downbeat following the 2-0 home defeat to Derby on Saturday.

"They've given me and the fans everything they've got," he said. "I couldn't have asked for much more."

"We got our shape and our tactics right for a good half an hour until that deflected goal."

"I don't think they had a chance

5

 Goals scored by
 Charlton's
 under-21
 side

before then but, of course, once we've conceded that goal it gives them an impetus to push on."

The Addicks manager added he was preparing for a relegation scrap. He said: "We know we're in a dogfight."

Johnnie Jackson serves the second game of his suspension on Saturday against Bolton. Full-back Chris Solly came through the match against Cardiff unscathed and could return for the trip to Lancashire. *Bolton v Charlton, Sat, 3pm.*

Not a mess – author tackles world's best

FOOTBALL

Guillem Balagué on his investigation into what makes Messi the globes greatest

Rob.Virtue
 @wharf.co.uk

THE magic and the mystery of Lionel Messi was the topic being discussed at Canary Wharf last week.

Spanish journalist and TV pundit Guillem Balagué has written a hefty tome analysing the Barcelona and Argentina star, arguably the world's best ever player.

There are not many people better placed to study Messi than Balagué, who was signing copies of the book at Waterstones in Jubilee Place last Wednesday.

The *Times* columnist and Sky Sports reporter vividly remembers the star from his early days.

"He was a juvenile and I had a good friend at Barcelona academy who was always talking about him but I had heard all that before," said Balagué. "Until you see it you don't know."

"At that time they used to say Victor Vázquez – now at FC Brugge – was



Above, Balagué signs copies of his book which investigates Messi, inset

the good one of that team, but there were also the likes of Cesc Fabregas and Messi, it was a very famous generation.

"So I went to see them and Messi was different. You couldn't tell he would be best in the world but while everyone had some structure in their mind of how they should play, Messi just did his thing – the move he's done since he was eight – gets the ball, dribbles past two or three and scores."

"That instantly makes you think there's something there but they still

have to get through the ranks."

So what is the difference between the youth prodigies who make it and those that fail? The quest to find out was one of the main reasons Balagué wrote the book, for which he worked very closely with Messi's family.

"I identified players that along the way could have been as good – won the World Cup under-20s with him or were in the youth team at Barca – but just failed," said Balagué.

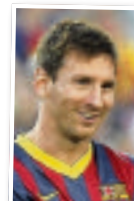
"It's a whole bunch of things you need to have. It's not just genetic – it does help he's short and skilful but the rest is in the head."

"The consistency, the feeling there's still room to improve, the hunger. There's a list of 10 or 11 things I look at in the book."

But Balagué admits the Argentinian is sure to miss out in January's Ballon D'Or to Cristiano Ronaldo, ending a run of three years' success in the vote for the world's best player.

"Messi's been struggling physically since May and then the rules changed to extend the deadline and after that Ronaldo scored his hat-trick against Sweden."

Messi is available at Waterstones, priced £20. Go to waterstones.com.



James Catt of Blackheath battles

Lions whimper in face of Raiders

BASKETBALL The London Lions were undone in Leicester by the Raiders 91 points to 78.

Leicester, the reigning champions now leapfrog the Lions into fourth place in a closely fought Championship. Lions captain Mike Martin was their stand-out player scoring 20 points.

the Wharf LEAGUE

RESULTS

DIVISION ONE	
Cavendish Allstars	7
Landas Pandas	8
Camden Pathway FC ●	4
Athletic Pasty	6
Carlos Has The Eyes	8
Bayer Neverlusen	6
Abou	10
Docklands Saints	0
DIVISION TWO	
Le Coc FC	0
Pavilion Casuals ●	10
We Got No Fans	8
The Wharf FC	6
Jubilee Utd	16
Bathalona AFC	7
PCFC	9
Hurford Salvi Carr	9
DIVISION THREE	
Wide FC ●	24
Efan Ekoku's Elite	7
ISS Tigers	9
Syniverse	4
Mentor	8
FC Hangover	8
Newport Dodgers	5
Centrepont	9

Last games on December 11.
 ● = Current league leaders.
 The Wharf League is played at Powerleague in Crossharbour.
 Go to powerleague.co.uk.

WEEKEND FLUTTER

WITH THE

RACING POST

FOOTBALL

■ West Brom manager Steve Clarke was sacked after his side slipped to a fourth straight defeat last weekend and the Baggies look vulnerable favourites against Hull on Saturday.

The Tigers have lost just one of their last four games and can take advantage of an easier fixture this weekend.

James Milton
 Sports tipster

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

RACING

■ At Fishers Cross can get the better of Celestial Halo in the Long Walk Hurdle at Ascot on Saturday.

The Rebecca Curtis trained gelding made an uncharacteristic blunder when the two met at Newbury last month, which proved costly. With a clear round here, he can make amends and stake his claim as a World Hurdle contender.

Ed Quigley
 Racing tipster

WEST HAM

IRONS manager Sam Allardyce made a plea for a January transfer window kitty after his side's stalemate at home to bottom club Sunderland on Saturday.

The Hammers have only one win in the last 10 and pressure is mounting at the Boleyn Ground. With a lengthy injury list, Allardyce, pictured, said it was important the side invest next month.

He said: "We've got to battle our way through it, get all our players fit and try and add to the squad."

"So between now and January, we



need to get players fit and get as many points on the board as possible."

The Irons were due to take on Tottenham in the Capital Cup on Wednesday night.

Match report at wharf.co.uk.
Manchester Utd v West Ham, Sat, 3pm.



Merry Christmas and Happy New Year

to our past, present
and future
clients,
see you all
in 2014

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PROPERTY

Wharf

Canary Wharf's leading property guide



Is the bubble set to burst? Rics doesn't think so

P16

Columnist says boom will continue into 2014

P17

3

of the best properties available in London

P16



Why I believe Wharf will keep flourishing

Alan Selby looks to the future as a new chapter begins [Page 17](#)

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Guide: £250,000

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Rics' survey has found London house prices continuing to rise and evidence the market is improving outside the capital as well



REUTERS

The bubble keeps expanding

Prices in the capital are rising and that's set to continue in the New Year, writes **Beth Allcock**

A combination of increasing buyer demand and low market supply has seen London property prices remain high this season – a trend experts predict will continue into 2014.

A total of 79 per cent of chartered surveyors working in the capital estimate the figures will continue on an upward incline rather than falling back over the next three months, according to Rics' UK Residential Market Survey for November.

Its statistics also showed a net balance of 99 per cent more respondents reporting price growth than in its last survey with prices outside London also starting to grow.

Simon Rubinsohn, chief economist at Rics, said: "It's no secret the housing market is on the way up and prices are surging ahead in many parts of the country."

"The Bank of England's recent decision to withdraw the Funding For Lending scheme – which allows banks to borrow more cheaply and pass the benefits on to mortgage applicants – could well have some impact on the number of people able to purchase a home."

Will demand continue to outstrip supply?

"Housebuilding is on the up, but it is rising nowhere near quickly enough to make up the shortfall that has built up in recent years."

"Although the improvement in wholesale and retail funding markets may mean the impact on mortgages is relatively limited."

Rics' survey suggests several factors have played their part in creating a strong sales climate within the property sector.

These include official policy initiatives such as the Funding For Lending and Help To Buy, to improve credit conditions.

House price expectations over the short, medium and long-term have also been revealed to have risen sharply during the past year.

But Simon expressed concern about the lack of property stock on the market.

Within London, supply bounced back slightly in November, as buyers attempted to encourage vendors to test the market again with nine per cent of surveyors reporting a rise in new instructions.

However, according to the longest-running monthly survey of house prices in the UK, this falls well short of the level of new buyer inquiries.

Simon said: "One thing we are very concerned about is the lack of new and existing homes coming onto the market."

"As the Chancellor pointed out, housebuilding is on the up, but it is rising nowhere near quickly enough to make up the shortfall that has built up in recent years."

"If there is not a meaningful increase in new homes, the likelihood is that prices and for that matter rents will continue to push upwards making the cost of shelter even more unaffordable."

Jon Pishiri, Rics' London residential spokesman, said: "Although supply has bounced back this month, the Government initiatives are continuing to encourage people to purchase their own home."

"There is a need to increase supply to the market in order to address this problem."

"There has also been a notable increase in discussions between property professionals, relating to the potential effect an increase in interest rates will have on the market."

Despite the lack of stock on the market, property transactions have remained steady, with 15 homes sold per chartered surveyor in London, during the three months leading up to November.

This buoyancy, however, has not been reflected in the rental market.

Research by Rics has revealed activity in this sector has slowed – a trend made more evident following the Government's decision to accelerate the second arm of Help To Buy.

It states tenant demand and new landlord instructions "have almost ground to a halt" at the national level, while figures are falling in London.

In the midst of this, findings also show medium and long term rent expectations have remained relatively steady with London coming in close to the national average.

The market's strong and that will endure

As Alan Selby goes global, he reflects on the bright future that awaits the docks

Rob.Virtue
@wharf.co.uk

This year has been big for Alan Selby. It saw the doyen of the Docklands property market scoop a special recognition prize at The Wharf Property Awards. Then months later he sold his company, Alan Selby and Partners, to international firm CBRE Group after 40 years of business.

But rather than calling it a day, Alan is looking forward to even greater challenges.

"CBRE was looking to expand its business, particularly in the residential area so came to me," said Alan. "I felt as they didn't have representation in Docklands this was a match made in heaven."

"This isn't the deal for me to leave – it's the deal for me to get started. Alan Selby and Partners no longer exists but, as CBRE, we've gone global."

It means the company is now part of CBRE's empire containing 37,000 employees, a step change from the 20-strong team based in Westferry Road.

But Alan's team have a vast amount of knowledge in the area having worked on a huge number of major



Alan Selby says selling his business to CBRE gives his firm a global presence as more work beckons

What can Wharfers expect in future?

"These are exciting times for all those areas because, when the market goes forward, it's the best form of regeneration."

Alan Selby
Alan Selby and Partners

developments over the last few decades.

The company is now involved in ambitions plans for Wood Wharf on the outskirts of Canary Wharf and the huge scheme at Greenwich Peninsula.

"The market is extremely strong in Docklands at the moment, as it is in London, and I can't see that changing soon," said Alan. "It's been extremely busy as there's been a lack of stock but that lack of stock is because we've been so frenetic."



Alan's firm is now involved in the regeneration of Wood Wharf in partnership with Canary Wharf Group



You'll always make cash in Canary Wharf

Well, that was the year that was. In the first quarter things were fine but nothing to get too excited about.

As we headed into the second quarter, things started to pick up and there was a nice little buzz starting to hum around Canary Wharf.

And then in July-August: boom! Yes, I did say boom. The sales market was suddenly flourishing, thriving and explosive.

With the introduction of the Help To Buy scheme and lenders offering great mortgage deals on fixed rates, buyers have regained their confidence.

This resulted in demand outstripping supply which, of course, has pushed prices through the roof.

Not great from the buyers'



Buy well in east London and you should reap the rewards

perspective but certainly fabulous for sellers, who have made as much as an extra 10 or 20 per cent in some cases on their properties.

It's also been a welcome sight for agents with multiple offers on properties and asking prices or above being achieved easily.

To see such confidence back in our market has given all of us a real boost and helped to see off the last of the bad old days throughout 2008-09 when we really struggled.

I have always believed in Canary Wharf as an area and, as long as you are in it for the long term, I don't believe you will ever do anything but make money here as long as you buy well.

Of course, while sales have been booming, rentals have taken a slide – it's just the natural see-saw in the market.

So if you have something to rent now, be realistic with the price and get someone in.

You could always use a six-month contract and renegotiate later.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.

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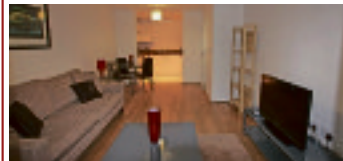
DOCKLANDS & CANARY WHARF



£520 PW

FREE TRADE WHARF, 340 THE HIGHWAY, LONDON, E1W

- * Two bedroom apartment set on the ground floor
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- * Part furnished
- * Gym Facilities on Site and Inclusive
- * Secure underground parking - separate negotiation
- * Exclusive gated development with Porter
- * Available 15th January 2014



SHEPHERD COURT,
2 ANNABEL CLOSE, LONDON, E14
£290 PW

- Spacious one bed apartment with rear balcony
- Canary Wharf Walk In
- Poplar DLR • Available Furnished
- Perfect for Couple



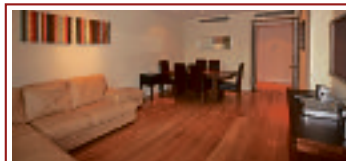
DENISON HOUSE 105 LANTERNS
COURT, LONDON, E14
£310 PW

- Spacious one bedroom apartment
- Furnished
- Concierge and Gym Facilities on Site
- Available 17th December 2013



DISCOVERY DOCK APTS EAST,
SOUTH QUAY, LONDON, E14
£764,994

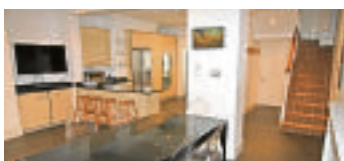
- Two double bedroom Apartment with Parking
- Situated on the 11th floor
- Full width balcony off the Reception with Dock views
- Concierge, Swimming Pool and Gym



EATON HOUSE,
CANARY RIVERSIDE, LONDON, E14
£799,999 OR £750 PW

- Two double bedroom
- Living space of 1,302 sq. ft
- Situated on the fifth floor
- One car parking space

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LANGDALE ROAD, GREENWICH, LONDON, SE10

- * A beautiful six bedroom period house
- * Circa 2,800 Sq. Ft.
- * Lovely rear garden for entertaining
- * Short walk away from Greenwich Park



MAZE HILL, GREENWICH,
LONDON, SE10
£600 PW

- Separate kitchen opening out into the rear garden
- Good sized attic for storage and a garage
- Dining room/Reception room
- Furnished • Available Now



MAURER COURT,
JOHN HARRISON WAY, SE10
£455 PW

- Beautiful Three Double Bedroom River View Flat
- Direct river facing circa. 1,100 sq. ft
- Views of Internal Landscaped Courtyard also
- Dedicated Parking Space



ALAMARO LODGE,
GREENWICH, LONDON, SE10
£270 PW

- One bedroom furnished apartment
- Situated on the second floor
- View over the eco-pond, park and river beyond
- Available 27th December 2013



VENICE CORTE, RENAISSANCE,
LONDON, SE13
£234 PW

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- Fully Furnished
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- Available from 27th January 2014


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**LETTING WITH AN
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**Galleons Lock, E16**

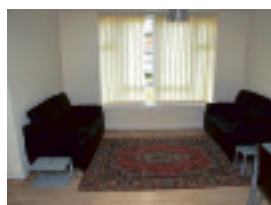
- Available Now
- Two Bedrooms & Two Bathrooms
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- 24HR On Site Security

£250 PW Fully Furnished**Galleons Lock, E16**

- Second Floor Two Bedroom & Two Bathroom
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- Secure Underground Parking
- 24HR On Site Security
- Close To Local Amenities

£280 PW Fully Furnished**Galleons Lock, E16**

- Available Now
- Raised Ground Floor
- Views Of River Thames
- 24HR Onsite Security

£210 PW Fully Furnished**Galleons Lock, E16**

- Available Now
- Two Bedroom Apartment
- Ground Floor
- 24HR Onsite Security
- Close To Local Amenities

£250 PW Fully Furnished**Galleons Lock, E16**

- Available Now
- One Bedroom Unique Apartment
- Ground Floor with Large Garden
- Air Conditioning
- Modern Fitted Kitchen

£210 PW Fully Furnished**Greenwich, SE10**

- One Bedroom Top Floor Apartment
- Large Reception Room
- Open Plan Modern Fitted Kitchen
- Double Bedroom With Fitted Wardrobes
- High Spec Bathroom

£275 PW Fully Furnished**Galleons Lock, E16**

- Available Now
- One Bedroom Apartment
- Private Balcony With Views Of River Thames
- 24hr Security/Porter Service
- Close To Local Amenities

£230 PW Fully Furnished**North Woolwich, E16**

- Available Mid December
- Three Bedroom Terraced House
- Modern Fitted Kitchen & Garden
- Gas Central Heating
- Close To Local Amenities & Street Parking

£315 PW Fully Furnished**Galleons Lock, E16**

- Available Now
- Two Bedroom Apartment
- Large Lounge & Balcony With River Views
- Modern Open Plan Fitted Kitchen
- Allocated Parking

£300 PW Fully Furnished**PUBLIC NOTICE**

Victoria Hall, Wesley Avenue, Canning Town, London, E16.
Spencer James are now in receipt of an offer for the sum of **£261,000** for flat 32 Victoria Hall, Wesley Avenue, Canning Town, London E16 1SR. Anyone wishing to place an offer on this property should contact Spencer James Residential, 8 Hartlepool Court, Galleons Lock, E16 2RL - 02074743636 before exchange of contracts.

PUBLIC NOTICE**Wards Wharf Approach, North Woolwich, London, E16.**

Spencer James are now in receipt of an offer for the sum of **£280,000** for flat 33 Wards Wharf Approach, North Woolwich, London E16 2EY. Anyone wishing to place an offer on this property should contact Spencer James Residential, 8 Hartlepool Court, Galleons Lock, E16 2RL - 02074743636 before exchange of contracts.

PUBLIC NOTICE

Harrison Bell House, Oak Crescent, Canning Town, London, E16. Flat 8 Harrison Bell House, Canning Town, London, E16 4QL. We are acting in the sale of the above property and have received an offer of **£170,000** on the above property. Any interested parties must submit any higher offers in writing to the selling agent before exchange of contracts takes place. Energy efficiency rating C.

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- Three Bedroom Terraced House
- Good Size Lounge & Diner Area
- Ground Floor Cloak Room
- Separate Family Bathroom & Private Rear Garden
- Street Parking & Close To Local Amenities

£225,000 Freehold**Galleons Lock, E16**

- One Bedroom Apartment
- Offered Chain Free
- Bright & Airy Living Room
- Separate Kitchen
- Close To Local Amenities

£192,500 Freehold**Galleons Lock, E16**

- Available Now
- Four Bedroom House With Private Garden
- Separate Kitchen, Three Bathrooms & Cloak Room
- Off Street Parking
- Close To Local Amenities

£480 PW Fully Furnished**THIS WEEK'S LETTING
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£ 385 p/w



Caspian Wharf · E3

A bright and airy one bedroom apartment situated on the 1st floor of the popular Caspian Wharf development. Furnished to an exacting standard this delightful apartment further comprises a fully equipped kitchen, a large terrace, and hardwood floors throughout

Asking Price £ 290,000



Lanterns Court · Cobalt Point · E14

A luxury penthouse apartment in Canary Wharf enviably located in an exclusive development moments from the bustling heart of Canary Wharf, this luxurious two bedroom apartment measuring over 1600 sq ft offers a high-specification interior, residents gymnasium, 24 hour concierge and 2 allocated parking spaces.

Asking Price £ 985,000



Lanterns Court · Cobalt Point · E14

2 bedroom, 1 bathroom apartment | Available now | Close to South Quay DLR | Fully furnished | 24 Hour Concierge Service

£400 p/w



Mulberry Court · E1

3 bedroom, 2 bathroom apartment | Available Now | Close to multiple transport links | Furnishings optional

£550 p/w